

# BALLARD BOMBER STRENGTH AND CONDITIONING



Ballard is now offering Middle school strength and conditioning for 6th-8th Graders. This will take place every Monday and Wednesday morning before school. This is for ALL male and females who want to get healthier! This Program will focus on proper movement mechanics; teaching individuals how to jump, land, run, squat, push, pull, and lift weights safely and efficiently. Participants will need to wear athletic attire and wear a mask in order to participate! More information can be found on the Bomber Strength and Conditioning Facebook Page.

**Where:** Ballard Middle School Weight Room

**When:** Starts Monday, November 2nd and will take place every Monday and Wednesday for the rest of the school year.

**Time:** 6:30am-7:30am

Sign up is the middle school office or you can email

[jhayes@ballard.k12.ia.us](mailto:jhayes@ballard.k12.ia.us)

